

Statistics Report 35136, Cornmeal, white (Navajo)

Report Date: May 31, 2017 03:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	5.42	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Energy	kcal	398	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	1665	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein 1	g	10.99	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Total lipid (fat) 1	g	5.04	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Ash 1	g	1.40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Carbohydrate, by difference	g	77.14	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Fiber, total dietary 1	g	10.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sugars, total 1	g	1.46	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	1.16	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glucose (dextrose) 1	g	0.18	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fructose 1	g	0.11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lactose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Maltose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Galactose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Starch 1	g	60.46	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Minerals													
Calcium, Ca 1	mg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Iron, Fe 1	mg	3.79	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Magnesium, Mg 1	mg	125	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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Phosphorus, P 1	mg	280	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Potassium, K 1	mg	443	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sodium, Na 1	mg	4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Zinc, Zn 1	mg	3.24	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Copper, Cu 1	mg	0.219	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Manganese, Mn 1	mg	0.646	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Thiamin 1	mg	0.310	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Riboflavin 1	mg	0.137	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Niacin 1	mg	2.800	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1	mg	2.490	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin B-6 1	mg	0.583	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, total 1	µg	32	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folic acid 1	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2009
Folate, food 1	µg	32	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Folate, DFE	µg	32	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Vitamin E (alpha-tocopherol) 1	mg	0.37	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, beta 1	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, gamma 1	mg	5.06	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, delta 1	mg	0.52	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin K (phylloquinone) 1	µg	0.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lipids													
Fatty acids, total saturated	g	0.853	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
10:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
12:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
14:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
15:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
16:0 1	g	0.671	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
17:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:0 1	g	0.133	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:0 1	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
22:0 1	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	1.532	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
14:1 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
15:1 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
16:1 undifferentiated 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
17:1 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:1 undifferentiated 1	g	1.515	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:1 1	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fatty acids, total polyunsaturated	g	2.078	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
18:2 undifferentiated 1	g	2.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 undifferentiated 1	g	0.054	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 n-3 c,c,c (ALA) 1	g	0.054	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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18:3 n-6 c,c,c 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:2 n-6 c,c 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:3 undifferentiated 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:4 undifferentiated 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Amino Acids													
Tryptophan 1	g	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Threonine 1	g	0.345	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Isoleucine 1	g	0.404	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Leucine 1	g	1.375	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lysine 1	g	0.319	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Methionine 1	g	0.258	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine 1	g	0.217	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Phenylalanine 1	g	0.543	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tyrosine 1	g	0.412	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Valine 1	g	0.554	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Arginine 1	g	0.474	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Histidine 1	g	0.292	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Alanine 1	g	0.836	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Aspartic acid 1	g	0.724	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glutamic acid 1	g	2.043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glycine 1	g	0.399	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline 1	g	0.906	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Serine 1	g	0.510	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Other

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000, 2000 Beltsville MD